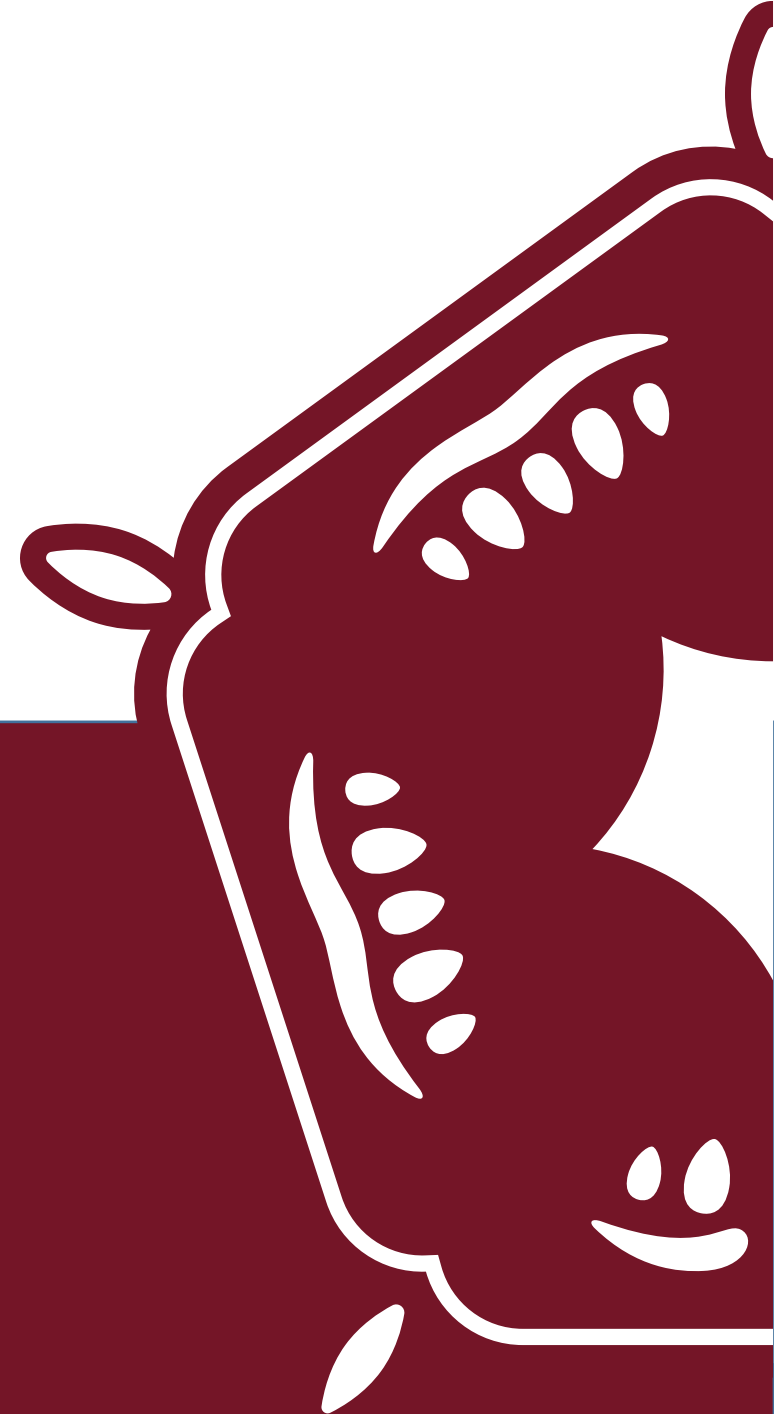




THE
BRITTONS
ACADEMY

Safeguarding Bulletin

September 2024





Mrs L Cossey-Atkins
Designated Safeguarding Lead



Mrs K Seeley
Safeguarding Officer



Ms V Hallett
Safeguarding Deputy



Mr Rhys Shercliff
Safeguarding Deputy



Mr E Cole
Safeguarding Deputy



Ms M Palombo
Safeguarding Deputy



Mrs Maria Martin
**Support & Guidance
Manager**
YEAR 7



Mrs H Wallace
**Support & Guidance
Manager**
YEAR 8



Mrs G Gilbert
**Support & Guidance
Manager**
YEAR 9



Mrs S Ware
**Support & Guidance
Manager**
YEAR 10



Ms G Slade
**Support & Guidance
Manager**
YEAR 11

**NSPCC Whistleblowing
Advice Line**
0800 800 5000

Havering MASH Team
01708 433222
Out of Hours - 01708 433999

**Barking and Dagenham
Assessment Team**
0208 227 3811

Pastoral Team – contact details

Year	S&GM	HoY	SLT	Ext no. 01708 630002
7	mmartin@elatschools.co.uk	jburch@elatschools.co.uk	rshercliff@elatschools.co.uk	Ext 3167
8	hwallace@elatschools.co.uk	jbarrell@elatschools.co.uk	vhallett@elatschools.co.uk	Ext 3147
9	ggilbert@elatschools.co.uk	jbarrell@elatschools.co.uk	mpalombo@elatschools.co.uk	Ext 3162
10	sware@elatschools.co.uk	jkelly@elatschools.co.uk	ecole@elatschools.co.uk	Ext 3155
11	gslade@elatschools.co.uk	ggilbey@elatschools.co.uk	lcosse@elatschools.co.uk	Ext 3156

Parent Support Group

Parent Support Group 6-week programme for parents/carers who are Havering, Barking & Dagenham residents and struggling to support their young person (11-25 years) with their mental health (diagnosed or undiagnosed) and wellbeing - see leaflet.

The 6-week programme will start 6-8pm, Monday 4th November via zoom.

[Views External \(viewsapp.net\)](https://viewsapp.net)

The Parent Support Group we will provide signposting, reassurance, tips/techniques on topics such as communication, self-care, increased resilience and coping mechanisms. Attendees may share their thoughts/feelings, without any pressure or judgement, and will meet other parents that are going through similar challenges. Parents that attended the programme have shared the following feedback:

- *Even though you know a lot of people are going through something similar to yourself, it makes a difference when you hear them talk about it. Also listening to other people's tried and tested ideas.*
- *It was nice that the group are bonding really well and have a laugh, the whole thing is nice and relaxed.*
- *I'm not alone - there is more support out there than I realised.*
- *Very inclusive and beneficial sessions.*



Parent Support Group

For parents/carers of young people (11-25 years) struggling with their mental health

“ A welcoming and safe space to share your story and connect with others ”



 **mind**
Havering, Barking
and Dagenham

Parents and Professionals Conference



You and Me Counselling are organising a parents and professionals conference featuring guest speakers:

- CAMHS
- Triple P
- You and Me Counselling

For more information contact:
You and Me Counselling

01708 477663 / 0744 946 7223

Info@youandmecounselling.org.uk

<https://ymc-conference.eventbrite.co.uk>

A promotional poster for the Parents and Professionals Conference. The top half features a photograph of a woman sitting at a table, looking distressed with her hand to her face, while another woman sits beside her, offering support. The bottom half is a white banner with blue and purple accents. It includes the 'You and Me Counselling' logo and tagline 'Together we can find solutions'. Text on the banner includes 'FEATURING THE FOLLOWING SPEAKERS:', 'CAMHS Child and Adolescent Mental Health Services', 'CAMHS Referral pathways and...', 'PARENTS AND PROFESSIONALS CONFERENCE', 'Hornchurch North Street Halls RM11 1QX', and '11:00am - 2:00pm 11 October 2024'.

STAY SAFE GOING TO AND FROM SCHOOL

We want children to be as safe as possible on the school journey.

- Stay aware of your surroundings when walking.
- Try not to walk along with your phone or valuables out on show.
- Plan your route and use forms of transport others are using.
- Avoid shortcuts in isolated places.
- Don't confront a thief or risk your own safety.

Robbery is a serious crime that should be reported, this includes any attempts to rob victims of their property.

**IF YOU SEE A ROBBERY TAKING PLACE OR HAVE JUST BEEN ROBBED CALL 999.
OR REPORT IS AS SOON AS POSSIBLE ON 101 OR AT MET.POLICE.UK**



ROBBERY IS A SERIOUS CRIME THAT SHOULD BE REPORTED

If your child is robbed, calling 999 on a friend or trusted adult's phone is their best chance of an immediate response.

This gives police the opportunity to catch the suspects, recover stolen items and make sure they're safe.



**METROPOLITAN
POLICE**

Protect yourself and your property

Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number...
Type *#06# and record it.
Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone,
keep login at home
- ✓ Know your details - in case your phone
is stolen - this helps Police investigation

Free Parental Control App - REMINDER

Qustodio, is the Parental Control App available for parents. This allows parents to Filter and Monitor their child's mobile devices, as well as set screen time limits. All parents who have children that attend the Brittons Academy can have the Free Tier, which allows the monitoring of 2 devices, per adult signed up.

The free basic tier, does come with a 30-day trial of the premium features, there is no obligation to pay, and you don't need to enter any payment details to access the free version.

https://www.qustodio.com/en/30-days-school-special/?utm_source=internal&utm_medium=parentsessionsuk



Any member of staff at school, including your **form tutor, SGM, HOY** and everyone on the **Safeguarding poster** in classrooms.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Other people that can offer support include your parents, doctor, a nurse, www.nhs.uk counsellor, PC Drew.

St John Ambulance



kooth

kooth.com

Kooth- your online mental wellbeing community. Have you downloaded the app?

0808 1000 900

THE LUCY FAITHFULL FOUNDATION

Working to protect children



Where can you go for support?



HOPELINEUK
0800 068 41 41

HEAD STRONG

Headstrong is a new online space aimed exclusively at young people with a focus on promoting positive mental wellbeing. It is a section of the Youthscape charity. Within Youthscape they also offer support for young people who are risk of self harm - **Alumina**

If you need support relating to **Careers** and your future after Brittons, pop into the **Careers Library** during break or lunch. These websites may also be helpful

- <https://www.citizensadvice.org.uk>
- <https://vinspired.com> - young peoples volunteering charity
- <https://www.ncsyas.co.uk> 15-17 Year olds **National Citizen Service**
- <https://nationalcareersservice.direct.gov.uk/> - research careers your interested in.
- <https://www.startprofile.com/> - Explore your dream Job!



Wize-up

Thurrock

Wize-up are a free and confidential drug and alcohol service for young people under 18

mind
for better mental health



"It's alright to ask for help"

SAMARITANS

116 123